



CHERRIES, DRIED

Date: April 2009

Code: A292

PRODUCT DESCRIPTION

- Cherries are U.S. Grade B or better red, tart cherries. Cherries may have sugar or other sweeteners added before drying.

PACK/YIELD

- Dried cherries are packed in 2 pound containers, containing about 24 servings (¼ cup each) of fruit.

STORAGE

- Store unopened packages in a cool, dry place.
- After opening, keep package tightly closed with a plastic tie or rubber band, or store cherries in a tightly closed plastic bag.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Dried cherries are a quick and easy snack, and can be eaten right out of the package.
- Add to rice dishes, stuffing, salads, hot or cold cereals, puddings, and baked items.
- For easier chopping, use an oiled knife or blade; also try cutting with kitchen scissors.
- Dried cherries keep cakes, muffins, and cookies moist.
- Combine with nuts or cereals to make trail mix.

NUTRITION INFORMATION

- ¼ cup dried cherries counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000 calorie diet, the daily recommendation is about 2 cups of fruits.
- ¼ cup of dried cherries provides 30% of the daily recommended amount of Vitamin A.

FOOD SAFETY INFORMATION

- Check dried cherries for unknown material, insects, or mold before use.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ¼ cup (40g) dried cherries

Amount Per Serving

Calories	140	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 1g	

Vitamin A	30%	Vitamin C	0%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

TURKEY CHERRY WRAP

MAKES 4 SERVINGS

Ingredients

- 1 pound turkey breast, chopped
- ½ cup low-fat mayonnaise
- 1 tablespoon mustard
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup dried cherries
- ¾ cup carrot, shredded
- ½ cup cucumber, finely chopped
- ¼ cup onion, minced
- 4 flour tortillas (small size)

Directions

1. Mix mayonnaise, mustard, salt, and pepper in a bowl.
2. Gently mix in turkey, cherries, carrots, cucumbers, and onion.
3. Lay tortilla on a plate and spoon ¾ cup turkey mixture just below the center of each tortilla. Fold up bottom portion and roll tightly.

Nutrition Information for 1 serving of Turkey Cherry Wrap					
Calories	510	Cholesterol	100 mg	Sugar	42 g
Calories from Fat	80	Sodium	570 mg	Protein	37 g
Total Fat	9 g	Total Carbohydrate	70 g	Vitamin A	190 RAE
Saturated Fat	1.5 g	Dietary Fiber	6 g	Vitamin C	2 mg
				Calcium	50 mg
				Iron	3 mg

Recipe adapted from The National Turkey Federation.

OATMEAL CHERRY COOKIES

MAKES ABOUT 2 DOZEN

Ingredients

- ½ cup margarine, softened
- ½ cup brown sugar, firmly packed (or ½ cup regular sugar)
- 1 egg
- ½ teaspoon vanilla extract
- ¾ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 cups oats
- ¾ cup dried cherries
- ½ cup chocolate chips

Directions

1. Preheat oven to 350 degrees F.
2. Mix margarine and brown sugar until creamy.
3. Mix in eggs and vanilla; beat well.
4. Combine flour, baking powder, and salt; add to egg mixture.
5. Stir in oats, cherries, and chocolate chips.
6. Drop rounded tablespoonfuls onto ungreased cookie sheet.
7. Bake for 10 to 12 minutes, until golden brown.
8. Let cool for 1 minute; move to a rack or plate.

Nutrition Information for 1 serving of Oatmeal Cherry Cookies					
Calories	120	Cholesterol	20 mg	Sugar	12 g
Calories from Fat	50	Sodium	70 mg	Protein	1 g
Total Fat	5 g	Total Carbohydrate	19 g	Vitamin A	60 RAE
Saturated Fat	3 g	Dietary Fiber	1 g	Vitamin C	0 mg
				Calcium	15 mg
				Iron	1 mg

Recipe adapted from The Cherry Marketing Institute, Inc.